

Forum:[Hack Forums](#)

Thread: [Who Works Out?](#)

Sprinkle - May 11, 2020, 2:36 pm

With the typical perspective of programmers, network invested advocates, and “hackers”; we are often given the wrap of skinny or obese folks sitting behind a computer

So my question, is who else works out here aside from their HF endeavors?

Yin Yang - May 11, 2020, 2:38 pm

With the whole COVID pandemic, I haven't 'worked out' in a while. I do push ups and squats, walk the dogs, but haven't had a solid workout in months.

I have a solid build, I'm not skinny or obese.

Sprinkle - May 11, 2020, 2:39 pm

(May 11, 2020 02:38 PM)Yin Yang Wrote: [\[CITE\]](#) With the whole COVID pandemic, I haven't 'worked out' in a while. I do push ups and squats, walk the dogs, but haven't had a solid workout in months.

I have a solid build, I'm not skinny or obese.

Something to be said about being blessed with a good metabolism. It is definitely a challenge to workout during COVID, however a healthy lifestyle would count; right?

Biggy - May 11, 2020, 2:39 pm

I'm severely missing the gym.

Yin Yang - May 11, 2020, 2:40 pm

(May 11, 2020 02:39 PM)Sprinkle Wrote: [\[CITE\]](#) Something to be said about being blessed with a good metabolism. It is definitely a challenge to workout during COVID, however a healthy lifestyle would count; right?Yeah, I track and count my calories. I have lean meats: chicken, fish, turkey and beef. With moderate carbs and healthy fats.

Sprinkle - May 11, 2020, 2:40 pm

(May 11, 2020 02:39 PM)Biggy Wrote: [\[CITE\]](#) I'm severely missing the gym.
Agreed completely. What are you doing to compensate?

Bacardi Cola Lime - May 11, 2020, 2:44 pm

I go to the gym regularly, at least when I'm not quarantined. It's part of my routine and I enjoy it. Now that gyms are closed I limit myself to some basketball and some bodyweight workouts, although I'm already bored of them.

Sprinkle - May 11, 2020, 2:45 pm

(May 11, 2020 02:44 PM)Bacardi Cola Lime Wrote: [\[CITE\]](#) I go to the gym regularly, at least when I'm not quarantined. It's part of my routine and I enjoy it. Now that gyms are closed I limit myself to some basketball and some bodyweight workouts, although I'm already bored of them.

Relate entirely to this. We own a bow flex system with very marginal weight. I have gotten way too creative with this thing, knocking out reps as high as 50 for regular routines. Nice to get outside and go for a jog, but we need to build some muscle here too

Biggy - May 11, 2020, 2:45 pm

(May 11, 2020 02:40 PM)Sprinkle Wrote: [\[CITE\]](#) Agreed completely. What are you doing to compensate?

Getting fucking fat rofl. I'm the worst when it comes to home workouts, I enjoy the atmosphere of the gym, it motivates me. I haven't taken a break from working out this long in 5 years. Sucks.

Sprinkle - May 11, 2020, 2:46 pm

(May 11, 2020 02:45 PM)Biggy Wrote: [\[CITE\]](#) Getting fugging fat rofl. I'm the worst when it comes to home workouts, I enjoy the atmosphere of the gym, it motivates me. I haven't taken a break from working out this long in 5 years. Sucks.

Totally respect that. As a personal trainer myself I understand many prefer the motivated surrounding. You could vibe out solo to some music or just hit a nice jog outside

Bacardi Cola Lime - May 11, 2020, 2:48 pm

(May 11, 2020 02:45 PM)Sprinkle Wrote: [\[CITE\]](#) Relate entirely to this. We own a bow flex system with very marginal weight. I have gotten way too creative with this thing, knocking out reps as high as 50 for regular routines. Nice to get outside and go for a jog, but we need to build some muscle here too

Make sure to consume protein bro. I don't fuck with meals low in protein you feel me?

Sprinkle - May 11, 2020, 2:50 pm

(May 11, 2020 02:48 PM)Bacardi Cola Lime Wrote: [\[CITE\]](#) Make sure to consume protein bro. I don't fugg with meals low in protein you feel me?

Facts. Protein, but you can't leave out carbs or fats either; just need a solid ratio. Protein shake every night as well, but make sure not to rely solely on shakes for your protein source

Bacardi Cola Lime - May 11, 2020, 2:52 pm

(May 11, 2020 02:50 PM)Sprinkle Wrote: [\[CITE\]](#) Facts. Protein, but you can't leave out carbs or fats either; just need a solid ratio. Protein shake every night as well, but make sure not to rely solely on shakes for your protein source

Yeah, of course you need carbs and fat, I just choose to not go crazy about hitting my daily goals on them. I just go for calories andprotein goals. Don't forget about fibers too.

Sprinkle - May 11, 2020, 2:54 pm

(May 11, 2020 02:52 PM)Bacardi Cola Lime Wrote: [\[CITE\]](#) Yeah, of course you need carbs and fat, I just choose to not go crazy about hitting my daily goals on them. I just go for calories andprotein goals. Don't forget about fibers too.

For sure, I tracked my food for about a week just to get a feel for it; but would never want to live that way. I just eat freely while keeping everything in mind

Bacardi Cola Lime - May 11, 2020, 2:59 pm

(May 11, 2020 02:54 PM)Sprinkle Wrote: [\[CITE\]](#) For sure, I tracked my food for about a week just to get a feel for it; but would never want to live that way. I just eat freely while keeping everything in mind

That's healthy. I get carried away easily so I track what I eat every now and then just to see where I'm at. Oh this convo made me miss the gym.

Ultras - May 11, 2020, 3:01 pm

I just lift and do some body weight exercises. Probably couldn't run a 5k ?

hfrocket1713 - May 11, 2020, 5:06 pm

I actually workout. I weighed like 220 a couple weeks ago and started cutting weight. I'm at 210lbs right now and pretty lean. I'm 6'0. I've been lifting for about 6 years on/off and was back at it

consistently until covid but I got weights in my basement. I'm more of a bodybuilder but here are some stats of mine. (None of these are e-stated).

Bench: 225 for 12 reps (Could prob do more). One rep max I haven't done in prob 2 years no cap, but I can hit 275 for a solid 3.

Squat: 315 for a good few reps ATG form. I do not max out on squat.

Deadlift: I deadlifted 455 when I was a senior in HS at age 18. I'm 22 now. I don't do deadlifts anymore due to just injuries and I do rack pulls. If I honestly stuck with it since it was my best lift I have no doubt I'd be doing 600 or more now but Idgaf about being a strong powerlifter.

Overall I'm very aesthetic. If you looked at me in real life you would consider me a "muscular" or "bodybuilder physique." I'm not even very serious into lifting it's more of a hobby tbh. I started lifting initially just to be stronger for wrestling in HS but it's a genuine hobby now.

I might even make a fitness insta page when I get leaner. I'm currently doing intermittent fasting.

Sprinkle - May 11, 2020, 5:10 pm

(May 11, 2020 05:06 PM)hfrocket1713 Wrote: [\[CITE\]](#) I actually workout. I weighed like 220 a couple weeks ago and started cutting weight. I'm at 210lbs right now and pretty lean. I'm 6'0. I've been lifting for about 6 years on/off and was back at it consistently until covid but I got weights in my basement. I'm more of a bodybuilder but here are some stats of mine. (None of these are e-stated).

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Squat: 315 for a good few reps ATG form. I do not max out on squat.

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That is pretty damn solid man, all natural or any supplements involved? You are just 15 pounds short of the 1,000 club; get a nice pump and reach the accomplishment. Although I am much leaner and still strong now, I maxed out passed the club with the following stats:

Deadlift: 395 (Could not touch 400)

Bench: 255

Squat: 380 (I remember trying 400 and just dropping it off my shoulders when I couldn't get it because I did not have a spotter. Most of the gym got pissed but I was like "it's near 400 pounds, give me some credit"

Anyway, just been working with this bowlfex I have here and miss pushing for stronger weights. I believe this was because I dated a crossfitter at the time. Now I am more focused on my appearance than the numbers

hfrocket1713 - May 11, 2020, 6:05 pm

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Anyway, just been working with this bowlfex I have here and miss pushing for stronger weights. I believe this was because I dated a crossfitter at the time. Now I am more focused on my appearance than the numbers

Numbers are overrated. I do like to go heavy as a hobby. I'm honestly just more about fitness than bodybuilding and powerlifting in general. I stretch a lot, eat some what clean, and drink a lot of water everyday. I've been going to bed earlier at least by 12 and getting 8 hours of sleep. As I've gotten older being big is cool, but it's come to a point where I am considered a real big dude and I've fit in real well into the current frame I'm at.

I'm faster/more athletic at 210lbs than I was at even 145lbs when I wrestled in HS. Just focus on being healthy, that's the whole point of the gym just not to lift real heavy and eat like trash.

A + - May 11, 2020, 6:12 pm

I was getting bigger and making noticeable progress but fell off the wagon around Covid time. I've been eating semi healthy and getting ready to start getting back at it. It's a great lifestyle.

SIM-2327840 - May 12, 2020, 2:24 am

Yeah I am into bodybuilding for 2 years and it sucks right now.

Home workouts are boring af and you wont find a substitute for a heavy deadlift or squat.

Lindros - May 12, 2020, 2:30 am

I need to get back in the fucking gym. It feels great. I have been lazy ever since the pandemic. Pretty lame honestly.

Exposed74 - May 12, 2020, 3:01 am

I was used to hit the gym almost every day for 2-3hr before the lockdown .. now i found something to keep doing some training when at home : whenever I get up from my chair i do 10-15 push ups, and before sitting down also. I do also some gardening stuff whenever it's not raining but yeah ... the one thing i'm waiting for is the gym to re-open

Carbide69 - May 12, 2020, 12:29 pm

I workout, since the gyms are closed I've been working out at home. What's your current workout split? I do push pull legs now and I've seen results!

Some0ne.big - May 12, 2020, 12:48 pm

Jerk - 130kg

Snatch - 130kg

Deadlifts - 200kg

My training weights

When i was competing - add 60-80 kilos (but that was a long time ago, like 10 years ago)

Roytoy - May 12, 2020, 12:49 pm

Some gyms have opened on the low in my country and I've been going 3 times a week

Used to go 5 times a week before quarantine

Sprinkle - May 12, 2020, 12:50 pm

(May 12, 2020 12:29 PM)Carbide69 Wrote: [\[CITE\]](#) I workout, since the gyms are closed I've been working out at home. What's your current workout split? I do push pull legs now and I've seen results!

Nice work man, my workout split looks like this:

Monday: Triceps - 45m

Tuesday: Biceps & Back - 45m

Wednesday - Abs - 30m

Thursday: Run 3 miles - 22-25m

Friday: Chest - 45m

SomeOne.big - May 12, 2020, 12:50 pm

(May 11, 2020 03:01 PM)Ultras Wrote: [\[CITE\]](#) I just lift and do some body weight exercises. Probably couldn't run a 5k ?

Cardio is some spanish guys name)))

Sprinkle - May 12, 2020, 12:50 pm

(May 12, 2020 12:49 PM)Roytoy Wrote: [\[CITE\]](#) Some gyms have opened on the low in my country and I've been going 3 times a week

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That is lucky right there, right now we are still left fending for ourselves getting creative with some workouts

(May 12, 2020 12:50 PM)SomeOne.big Wrote: [\[CITE\]](#) Cardio is some spanish guys name)))

I love Cardio-B; she is a solid rapper

Carbide69 - May 12, 2020, 12:53 pm

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Friday: Chest - 45m I had a similar routine. Until I read that hitting each muscle twice a group helps you grow faster. Which is why I switched to PPL.

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(May 12, 2020 12:53 PM)Carbide69 Wrote: [\[CITE\]](#) I had a similar routine. Until I read that hitting each muscle twice a group helps you grow faster. Which is why I switched to PPL.

I used to do something similar, but I found myself a lot more attracted to the diversity and "healing cycle". Some muscles can take up to 3-4 days to fully recover and I just try to spark them as heavily as possible once a week. Not to mention in other days, they are hit again; which is why they are spread out in this cycle. For instance chest also works out triceps, that is why Triceps are Monday, and Chest is Friday ;)

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Sprinkle - May 12, 2020, 1:04 pm

(May 12, 2020 12:58 PM)Carbide69 Wrote: [CITE](#) That makes sense, I can't wait until gyms open up again!

Tell me about it, right around summer vibes too; time to kill it